

## SOULFUL DIETING

# EXCAVATE

### The beginning of a new year kicks off a re-evaluation our lives:

setting fresh goals; making new resolutions; reflecting on the previous year's successes, and perhaps, failures; learning our lessons and setting our sights on what we want accomplish over the next 12 months. We embark on grand ideas around the perfect or healthier body, the dream job, a big savings account, a bigger house, or the next great adventure: and we invest time, effort and money into pursuing our aspirations.

The problem with setting these new goals often lies in not letting go of something else first in order to generate sustainable solutions. We just start piling on to what we already have, making the lists longer and tasks harder. For example, envision hiking up a mountain with a backpack filled with supplies and collected rocks along the way. Eventually the journey will feel long, hard and exhausting. Instead, we need to stop collecting the rocks (or issues), clean out what's not needed and go the distance with lightness and ease.

In order to make changes in our lives, I believe external space needs to be created by letting go of people, places and things that no longer work for us. An inner diet is also needed for the soul to cleanse the emotional baggage and old stories, such as anger, resentment, worries, anxieties, busyness and the "what if's" that might still be hanging on. It is important to not only tighten up the abs, but also look at the inner emotional landscape to see what needs to be trimmed up. Take a look at your true needs and desires, then choose "the diet" that will build long-term, healthy lifestyle changes for your body, mind and spirit. Here are some ideas:

#### SOULFUL LIFE AREAS TO GET SLIM AND TRIM

An exercise I use with my life coaching clients is a Wheel of Life that examines the level of happiness and satisfaction in eight major areas of their life, as described below. This process provides perspective, balance and focus on where to start trimming the unnecessary "weight" that is being held on to. You may access your own Wheel of Life to work with by visiting my website [excavive.com](http://excavive.com).

**Career & Education** Discover what makes you satisfied in your work, set boundaries, and make sure the rewards match the job. If not, explore new possibilities.

**Money** Tighten up wasteful spending habits, unnecessary purchases and re-allocate money for the things you really want to do and to create. Form a healthy relationship with money.

**Health & Wellness** Trim the internal and external body baggage, change eating habits, give up distractions to rest and relaxation (e-mail, TV or the blackberry,) increase your physical activities, and stop the mental chatter that keeps you stirred up.

**Friends & Family** Savor your connections by giving as much as you receive. Let the people in your life sustain you and your dreams.

**Romantic Relationship** Melt away old relationships, resentments, patterns, and bad habits in order to open your heart to soulful, romantic love. And, if you are single, can you be happy with or without someone in your life?

**Personal Growth, Spirituality & Religion** Let your faith and beliefs serve you on a daily basis. Give up the ones that hinder you or no longer align with who you have become.

**Fun & Play** Don't wait for the "somedays." Feed your soul by carving out time to play or learn something new. Choose your playmates and playgrounds.

**Physical Spaces** What stuff needs to be thrown away, donated or sold in order to open up space for the things you want in your surroundings. If you do not love your physical backdrops, then what are you holding on to?

#### SOULFUL COACHING QUESTIONS TO EXCAVATE YOUR SLEEK SELF:

1. What are the 3 most soulful goals you desire to accomplish in 2008, and what will keep you from getting them if you do not empty out the old first?
2. If everything is possible, what is the next step towards meeting your goals?
3. What are you willing to trim from your life in order to have more\_\_\_ (you fill in the blank... love, passion, time peace, prosperity, etc.)
4. Who will you be accountable to and ask for support as you embark on next year's chapter?
5. What rewards and splurges will you give yourself along the way?

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